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BREATHING EXERCISES for Strong Lungs/ASTHMA/ Cold / Cough/Anxiety etc. or even otherwise THAT ONE MUST DO DAILY to REMAIN FIT, (Date: 01-May-2020)

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Breathing disorder and bronchial path disorder is responsible for cold/ cough / Asthma/ Anxiety issues. If one works to open up entire bronchial path with help of breathing exercises that oxygenate the body along with DILATING the bronchial path will help eliminate Asthma issue in just few weeks or months. **ALSO, THOSE WHO ARE CHEST CONCIOUS at least few hours in a day, SHALL NEVER FACE FREQUENT COLD COUGH ISSUES.**

Normally a breathing disorder causes anxiety/asthma issues:

**** ONE MUST STOP MILK CONSUMPTION TO STOP COLD COUGH ISSUES ****

**** Black Tea/Black Coffee, CURD/PLAIN YOGURT/BUTTERMILK IS OK ****

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• ALSO THOSE WHO ARE INTO MEDITATION OF BREATHE WATCHING, and those who **watch** or inhale breathe inside of nose may get cold cough issues due to hyperventilation, so the right way to watch or observe breathe is outside of nose, exactly @upper lip or at outer oval shaped Nose tips. When meditating on breathe, always watch each breathe exactly @upper lip area or outside Nose tips, at nose door only.

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**** At NO TIME one shall breathe or INHALE, DIRECTED through Nose, LET CHEST do that job of directing breathing during all breathing exercises. Never Inhale through mouth ****

===== [Breathing exercise-1] =====

This breathing exercise shall be done daily even if one is not having any cold cough issues, will help you remain fit and always oxygenated.

Breathing exercise for Cold / Cough/ Asthma/ Anxiety etc.

STAND in a relaxed upright position **focusing your vision on CHEST area**. Keep your mouth shut, let Chest do the breathing for few seconds. Notice rise and fall of CHEST AREA.

Do a regular natural breathing while always **focusing your vision on CHEST area during this breathing exercise.**

Any time **AFTER** 'next EXHALE', **HOLD or PINCH your NOSE** with index and thumb fingers, keeping your mouth shut,

Start counting 1001, 1002, 1003

HOLD TILL MAXIMUM till the time you cannot hold anymore. **(You must increase your hold time gradually to minimum of 30-45 seconds)**

YOU MUST Hold till STRONG URGE TO BREATHE.

Finally, Release your nose, keep your mouth shut, and bring your focus back to CHEST AREA. Do not Inhale through Nose. Let CHEST do the breathing or inhale. All Inhale exhale shall be directed through chest not through nose.

Focus your vision on chest and let natural breathing happen automatically. Notice the rise and fall of breathe on chest area for few seconds, till it has slowed down. **YOU MUST NEVER TRY TO REGULATE BREATHE, all breathing shall be natural.**

Repeat above steps at least 3-5 times, and do this exercise at least 5 days a week.

**** At NO TIME one shall breathe or INHALE, DIRECTED through Nose, LET CHEST do that job of directing breathing during all breathing exercises. Never Inhale through mouth ****

===== [Breathing exercise-2] =====

This breathing exercise shall be done daily even if one is not having any issues, will help you remain fit and always oxygenated.

Breathing exercise for foggy ears/muffled ear voice syndromes / Tinnitus

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STAND in a relaxed upright position **focusing your vision on CHEST area. Keep your mouth shut**, let Chest do the breathing for few seconds. Notice rise and fall of CHEST AREA.

Do a regular natural breathing while always **focusing your vision on CHEST area during this breathing exercise.**

Any time **AFTER** 'next EXHALE', **HOLD or PINCH your NOSE** with index and thumb fingers, **keeping your mouth shut,**

Bend down SLOWLY, Bend over from the waist, head lowered, knees slightly bent. While you are bending in this position, you may find your head just near or above the knees. **Bend down SLOWLY in such a way that EARS Don't POP-UP.**

While you are in this lowered position, you will feel a strong pulsation of blood in your head, eyes, mouth and tongue, and a flushed feeling from your chest to the top of your head.

Start counting 1001, 1002, 1003

HOLD TILL MAXIMUM till the time you cannot hold anymore. **(You must increase your hold time gradually to minimum of 30-45 seconds)**

YOU MUST Hold till **STRONG URGE TO BREATH.**

Finally, slowly straighten/stand up, Come back to standing position, Release your nose, keep your mouth shut, and bring your focus back to CHEST AREA. Do not Inhale through Nose. Let CHEST do the breathing or inhale. All Inhale exhale shall be directed through chest not through nose.

Focus your vision on chest and let natural breathing happen automatically. Notice the rise and fall of breathe on chest area for few seconds. YOU MUST NEVER TRY TO REGULATE BREATHE, all breathing shall be natural.

Repeat above steps at least 3-5 times, and do this exercise at least 3 times a week.

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===== [Breathing exercise-3] =====

This breathing exercise shall be done daily even if one is not having any issues, will help you remain fit and always oxygenated.

**** At NO TIME one shall breathe or INHALE, DIRECTED through Nose, LET CHEST do that job of directing breathing during all breathing exercises. Never Inhale through mouth ****

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Keep your mouth shut, SIMPLY BRISK WALK for 1-2 minutes, **OR** simply 'run at same spot on a floor' for 1-2 minutes, **then stand still on floor**, always **FOCUSING YOUR VISION ON CHEST**, Notice the rise and fall of chest. Do not Inhale through Nose. Let CHEST do the breathing or inhale. All Inhale shall be directed through chest not through nose. Nose is only used for exhale. Once the breathing has slowed down, repeat the step again.

GENERIC VIPASSANA SOLUTION FOR ALL GROSS SENSATIONS [20-04-2020]

Including any neurological issues like Migraine, Tinnitus etc.

“**Touch of AIR**”, on any part of body part is a **SENSATION**. Thus, when we objectively observe ‘CONTINUOUS touch of AIR’ on a body part for several minutes or several hours or days, depending upon severity of misery or defect w.r.to that body part, we eradicate the sensation or mellow it down and thus resolve the misery.

Sensation watch aka “TOUCH of breathe or AIR” observed on contact point of nose tips or upper lip selected for observation is a **training in VIPASSANA** to make you understand that this sensation is the only sensation a SADHAK must attend to or observe objectively at contact points or on any other part of body, ignoring or abandoning all other sensations as soon as they arise to alleviate the misery. **Also, objective observation of body part at exact arising of sensation may be undertaken to eradicate the defilement from the root, but that is explained later in this blog.** For now the primary focus for observation shall be “**SENSATION OF TOUCH OF AIR**”, ignoring or abandoning all other sensations, as soon as they arise. You must prevail observing **TOUCH OF AIR AS PRIMARY SENSATION** on any part of body or at contact points of upper lip or nose tips.

The GROSS sensations (pain, itch, cut, etc.) that arise due to contact are not ‘mine’, do not belong to us, so letting go of gross sensations is the right thing to do. The gross sensations arise to make us **wallow** in them, thus suffer misery for active duration of sensations, and **how do we wallow in sensations? By attending to sensations**, giving them continuous attention, **feeling them, clinging** to them, taking them as ‘mine’ as if they belong to us and we shall suffer with them (sensations). **What is the right way to respond to these gross sensations?** Sadhaks shall know that **ONLY SENSATION that shall be attended to is “TOUCH OF AIR”** and **all other sensations shall be let go or abandoned** and any clinging to them shall be avoided. Thus, sadhaks **shall NOT CLING** to gross sensations, **shall not wallow** in sensations, instead shall **turn mind away to ‘TOUCH OF AIR’** either on upper lip, or nose tips, or anywhere on body where ‘SENSATION OF TOUCH OF AIR’ can be felt. Sadhak can in some cases, **START SPEED RUNNING FAN** and observe and **ATTEND** to ‘touch of air’ on every part of body thus ignoring and letting go of every other gross sensations to alleviate misery to an extent. **Sadhak MUST PREVAIL in letting go of every gross sensations AS SOON AS THEY ARISE and instead ATTEND TO ‘touch of air’ on upper lip or nose tip or any part of body where available. For a SADHAK no gross sensation is worth attending to, only sensation he attend is ‘touch of air’, where ever available on any part of body.**

Also, in the case where the gross sensations ARE ALIVE and active due to recent incident on body part area (cut, pain due to hurt etc.), or in the case where gross sensations must be eradicated from the root, sadhak may attend to objective observation of body part area that is emitting these sensations at their exact arising to alleviate the misery.

But if objective observation is not possible due to severe condition of arising sensations, in that case objective observation of 'touch of air' may be undertaken on same body part area where these sensations are arising, and in that case, sadhak must prevail on observing and attending to '**touch of air**' as **primary sensation** that shall override on top of the original sensation underneath. Sadhak may also chose to objectively observe and attend to 'touch of air' on other part of body to let go of sensations of misery if observing of 'touch of air' at affected body part is not possible due to any reason.

+ (Why “Touch of Air” ?)

In an example where there is a hurt due to burn on a part of a body, the natural reaction of us is to blow air over the burnt area of body part. Now as you would have noticed, as long as **AIR BLOW** prevails on burns part, you feel better but as soon as you stop the air blow the original sensation of burn is back. What is happening here is that touch of air takes over the original burn sensation for a while.

Now there are two ways to handle this situation. In first case, one continues to objectively observe sensations of burn from the body part area that is emitting these sensations of burn at their exact arising. But in that case you must continue to suffer burn sensations as they arise while continuing to maintain equanimity, or the second alternative is to start the running FAN and blow air to burn area and thus observing '**touch of air on burn area maintaining absolute equanimity**', till the time sensation of burn has alleviated.

The idea in both case is to reach the spot of body part which is undergoing change with arising and passing of sensations at atomic level due to defilement or burn in this case. When we do objective and equanimous observation of a body part at the exact arising of sensations or defilement, then we help that body part recover from sensations or misery as per the case.

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'Touch of air 'is a generic sensation observation method which overrides any existing sensations, and thus we observe and cover every area of affected body part by observing touch of air. This method also helps alleviate misery to some extent, however since sensation arise on account of a defect or any pre-existing conditions or due to '**conditional arising or sankhara**', it is required to observe body part where exact arising of these specific sensation take place during exact arising of these specific sensations, for example sensations of cut, pain, itch are specific sensations that arise on account of some external reason, and thus it becomes important to use these sensations as a path to reach their exact arising and observe the exact location of body part that emits them in real time.

We do this with help of a **running FAN Air**, which is directed to the body part being objectively observed to correct itself of arising sensations of pain, itch, any neurological activity on body part etc. Even body part with **NO SENSATIONS** or neutral sensations are also observed for touch of air.

Also in the case where arising sensations are within body and cannot be exposed to continuous touch of air, in that case we shall use our inner vision to look at body part that is emitting these sensations and in that case we use arising sensations as a path to reach the body part area where “**exact arising of sensation thereof**” is taking place, and observe that body part area objectively to eradicate the sensations or mellow them down.

Similarly, if there already are real time sensations arising on account of some defect or hurt or medical issue or any external issue like cut, itch etc., then in that case one may use these real time, arising sensations as a path to reach ‘exact arising location on body part’ and observe that part of body which is emitting these sensations objectively. Alternatively ‘touch of air’ is observed at the same spot of ‘exact arising of sensations’ to alleviate the misery.

Thus, for example in case of a **Migraine** (part of head/brain that is emitting sensations of pain or neuronal activity in any form) or in case of **Tinnitus**, [entire ear, and face area connected near to ear (**TMJ Area-T** as in picture provided) that is emitting sensations of vibrations or fireworks or neuronal activity in any form, along with ear canal], ARE **EXPOSED TO CONTINUOUS TOUCH OF AIR with help of running FAN**, and then one is required to ‘**objectively observe touch of air**’ on body part affected by sensation (sensation of pain or neuronal activity in form electrical bursts or fireworks, or any other sensation etc.), even those areas where there is NO SENSATION or neutral sensations are included for touch of air observation.

One must prevail in observing ‘touch of air’ on body part being corrected, using existing sensations of misery only as path to reach their exact arising, making sure that eventually only touch of air is visible as a primary sensation to the person doing objective observation. This when done several times as per the need and severity of sensations, will eradicate or mellow down misery /sensation of any kind.

PS:

Sensations are designed to take you into realm or world of misery so that you can wallow in them (sensations) and suffer; instead you shall objectively observe the body part that is emitting these sensations using sensations as a path to reach the 'body part area of exact arising of these sensations';

Thus, ignoring sensations but instead watching body part area that is emitting these sensations is the way to eradicate or mellow them down.

So next time you have pain or bite or itching just use the emitting sensation as a path to reach the body part area which is emitting these sensations. Now, just observe the body part area ignoring the sensations while doing so. This way, objectively observe every area of body part that is emitting these sensations. Or just observe ‘touch of air’ anywhere on body, letting go or abandoning the sensation of misery.

*** Tinnitus solution that works:** Always focus your attention on jawline area on face side when observing 'touch of air' or not. NEVER VISIT EAR CANAL during audio listening or when inflicted with LIVE tinnitus voice or otherwise, instead focus on jawline area on face side that touches lower ear. To switch attention away from Ear, all day you shall be observing 'TOUCH OF AIR' whenever it touches anywhere on body and you shall just forget EAR CANAL area, instead focus on observing original sensations or sensation of 'touch of air' on jawline area connecting to lower ear on face side during audio listening or even otherwise. ALWAYS KEEP JAWLINE RELAXED.

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That means while FAN Air or AUDIO is hitting on EAR your focus shall be only on TMJ or 2 inch jawline area that connect to lower ear on face side. Similarly while HEADPHONE is on Ear or when audio is ON, your focus shall be only on TMJ or 2 inch jawline area that connect to lower ear on face side. One shall strictly avoid observing on or inside of ear or ear canal. One shall ignore listening to tinnitus voices and instead shall focus attention to 'observing touch of air anywhere on body'

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The ""original sensations in the form of fireworks or subtle vibrations"" that arise on TMJ, JAWLINE area connected to lower ear, on account of 'continuous hit of continuous Air on EAR' or 'continuous Audio on EAR', have to be observed objectively to eradicate them for good. Or else we observe 'touch of air' exactly at the spot of sensation arising on TMJ, jawline to eradicate them **
